How to Prevent Diabetes

Before developing diabetes, people almost always have "pre diabetes"—blood glucose levels that are higher than normal but not high enough to be diagnosed as diabetes. At least 20.1 million people in the United States ages 40 to 74 have pre-diabetes. Research has shown that if you can control your blood glucose during this time, you can delay or prevent Type 2 diabetes.

Doctors can perform two different tests to see if you have pre-diabetes. These tests are the fasting plasma glucose test (FPG) and the oral glucose tolerance test (OGTT). Both of these tests test your glucose level.

If you are diagnosed with pre-diabetes, there are quite a few

The Importance of Getting Checked

Diabetes is a disorder that affects millions of people each day. It interrupts the body's ability to use blood sugar or glucose, which is a source of energy for the body taken from starches and sugars that we eat. Ten to twenty million Americans are diagnosed with the disease in the United States population. Risk for the disease is greater among the obese, people with high blood pressure, women with gestational diabetes or women who have delivered a baby greater than nine pounds, and people from particular ethnic groups; such as African-Americans, Hispanics, Asians and Native Americans. Diabetes has a strong genetic component, so those people with one or more family members with the disease should be aware of their lifestyles.

There are two types of diabetes, which are known as Type 1 and Type 2. Type 1 diabetes is caused by a combination of genetic and environmental factors, which results in a lack of insulin. Insulin, produced by the pancreas, is a hormone that is released in the body when the body increases its blood sugar after a meal. As a result, the body attacks itself and destroys its insulin-secreting beta cells in the pancreas.

Type 2 diabetes is more common to adults and it is known as "adult-onset" diabetes. The body makes the insulin, but the body may not detect it or the body may even resist the insulin. This results in insulin deficiency; therefore the beta cells stop functioning properly. Type 2 diabetes usually occurs after the age of 30, and it is linked to obesity of people.

In order to take control of the epidemic people must notice if they are at risk, find which treatment therapy is best, and change their lifestyles. Visit a health care provider to be tested for the disease. A simple blood test or urinalysis can get quick results. Monitoring blood glucose levels daily is also important. Hemoglobin A1C or glycated hemoglobin, which is commonly abbreviated as "A1C" is another important number to regularly test. A1C is the average of glucose levels during the past two to three months. The hemoglobin A1C goal for people with diabetes is less than 7 percent. A1C testing alone can reduce complications from diabetes. Combination test-
things you can do to delay or prevent getting diabetes, including eating a better diet and exercising regularly. The recently completed Diabetes Prevention Program showed that just thirty minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produced a 58% reduction in diabetes. So, if you have not been tested, get tested!

-Information received from the American Diabetes Association